

# Charities Challenge 5k Life Challenge 5k Series @ Como Lake

## All-time 5k Course Records

After 25 Life Challenges 5k Events from July 23, 2005 – Oct 10, 2009

*2 New All-Time All-Challenge 5ks Division Records set on Oct 10, 2009 @ 5th Aging 5k*

All on USATF Certified Course MN-05030-RR at Como Lake, St Paul, MN

For more info on course go to <http://www.usatfmn.org/racewalk/courses/comolake/index.html>

### 5k Run Events - Men

#### Open Ages 19-34 & Overall Course Record

Chris Lundstrom, 30, Minneapolis, MN 15:02.20 Challenge Obesity, 4/1/06

#### Young Men

##### Men under 11

Nathaniel Blichfeldt, 10, Savage, MN 25:28 Challenge Diabetes, 7/11/09  
(Old Record: Quin Kuechenmeister, 9, Golden, CO 27:43 Challenge Diabetes, 7/14/07)

##### Men 11-12

Aaron Schmidt, 11, Vadnais Hts, MN 23:01 Challenge Diabetes, 7/11/09  
(Old Record: James Quirk, 11, Woodbury, MN 24:00 Challenge Diabetes, 7/12/08)

##### Men 13-14

Andy Pierson, 14, Stillwater, MN 21:01 Challenge Cancer 6/21/08  
(Old Record: Joshua Wareham, 13, W St Paul, MN 21:54 Challenge Arthritis 9/2/06)

##### Men 15-16

Chris Mueller, 15, Eden Prairie, MN 17:33 Challenge Diabetes, 7/14/07  
(Old Record: Nicholas Gawreluk, 15, 18:15 Challenge Hearts & Minds, 5/27/06)

##### Men 17-18

Mitchell Aase, 17, Sycamore, IL 17:59 Challenge Diabetes, 7/11/09  
(Old Record: Ian Campbell, 18, Blooming Prairie, MN 18:08 Challenge Diabetes, 7/14/07)

#### Masters Men

##### Men 35 – 39

Jeff Scovill, 35, Minneapolis, MN 16:05 Challenge Arthritis, 8/29/09  
(Old Record: Todd McCallum, 36, Sioux Falls, SD 19:12 Challenge Diabetes, 7/12/08)

##### Men 40 – 44

Robert Economy, 43, Victory, MN 17:14 Challenge Diabetes, 7/14/07  
(Old Record: George Oien, 40, Roseville, MN 17:52 Challenge Arthritis 9/2/06)

##### Men 45 – 49

Mike Davis, 48, Minneapolis, MN 17:06 Challenge Obesity, 4/4/09  
(Old Record: Paul Giannobile, 49, Minnetonka, MN 17:09 Challenge Arthritis, 8/30/08)

##### Men 50 – 54

Bruce Dockter, 52, Brooklyn Park, MN 19:38 Challenge Diabetes, 7/11/09

(Old Record: Pete Westers, 52, Woodbury, MN	19:55	Challenge Arthritis, 8/30/08)
<b>Men 55 – 59</b>		
John Cretzmeyer, 58, White Bear Lk, MN	19:56	Challenge Cancer, 6/9/07
<b>Men 60 – 64</b>		
Allen Gibas, 60, Minneapolis, MN	20:28	Challenge Arthritis, 9/3/05
<b>Men 65 – 69</b>		
Don Wright, 65, Lake Elmo, MN	22:11	Challenge Diabetes, 7/15/06
<b>Men 70-74</b>		
Dale Urbain, 73, Bloomington, MN	22:35	Challenge Arthritis, 9/1/07
(Old Record: Dale Urbain, 72, Bloomington, MN	23:50	Challenge Diabetes, 7/15/06)
<b>Men 75-79</b>		
<a href="#">Greg Prom, 78, St Anthony, MN</a>	<a href="#">27:17</a>	<a href="#">Challenge Aging, 10/10/09</a>
(Old Record: Dale Urbain, 75, Burnsville, MN	28:31	Challenge Arthritis, 8/29/09)
<b>Men 80 and up</b>		
Rogers Anderson, 80, Bloomington, MN	33:10	Challenge Arthritis, 8/29/09
(Old Record: Roy Carlsted, 82, St Paul, MN	38:18	Challenge Obesity, 4/1/06)

## 5k Run Events – Women

### Women Open Ages 19-34 & Overall Course Record

Joyce Bourassa, 38, Lakeville, MN 18:49.30 Challenge Diabetes, 7/15/06

### Young Women

#### Women under 11

Clair Pechacek, 9, Hudson, WI 34:03 Challenge Cancer, 6/6/09  
 (Old Record: Ronnie Bright, 9, St. Paul, MN 41:37 Challenge Hearts & Minds, 5/25/09)

#### Women 11-12

Bailey Kuechenmeister, 11, Golden, CO 25:02 Challenge Diabetes, 7/14/07

#### Women 13-14

Anne Arnason, 14, Edina, MN 24:43 Challenge Diabetes, 7/11/09  
 (Old Record: Lauren Mars, 14, Mahtomedi, MN 25:03 Challenge Cancer, 6/6/09)

#### Women 15-16

Ellie Grooters, 15, Fargo, ND 21:42 Challenge Diabetes, 7/14/07

#### Women 17-18

Katelyn Moraczewski, 17, Hugo, MN 19:09 Challenge Arthritis, 8/30/08  
 (Old Record: Lauren Harden, 17, New Brighton, MN 26:18 Challenge Diabetes, 7/12/08)

### Masters Women

#### Women 35 – 39

Danielle Gordanier, 37, St Paul, MN 21:08 Challenge Aging 10/12/08

#### Women 40 – 44

Robin Balder-Lanoué, 40, Monticello, MN 19:58 Challenge Cancer, 6/6/09  
(Old Record: Susan Malecha, 44, Minneapolis, MN 21:41 Challenge Cancer 6/10/06)

**Women 45 – 49**

Pam Weir, 49, Mahtomedi, MN 19:54 Challenge Cancer, 6/6/09  
(Old Record: Judith Meyer, 47, New Brighton, MN 19:57 Challenge Cancer, 6/9/07)

**Women 50 – 54**

Kristi Larson, 51, Brooklyn Park, MN 20:59 Challenge Cancer, 6/6/09  
(Old Record: Kristi Larson, 50, Brooklyn Park, MN 21:16 Challenge Diabetes, 7/12/08)

**Women 55 – 59**

Kerry Krepps, 56, Orono, MN 24:50 Challenge Arthritis, 8/29/09  
(Barb Sugden, 55, Circle Pines, MN 25:32 Challenge Arthritis, 8/30/08)

**Women 60 – 64**

Gloria Jansen, 62, White Bear Lake, MN 24:07 Challenge Aging, 10/10/09  
(Old Record: Marien Bradsher, 63, St Paul, MN 25:22 Challenge Arthritis, 8/30/08)

**Women 65 – 69**

Doris Urbain, 68, Bloomington, MN 28:19 Challenge Diabetes, 7/15/06

**Women 70-74**

Judy Rykken, 70, Bloomington, MN 34:40 Challenge Aging, 10/12/08  
(Old Record: Doris Urbain, 70, Bloomington, MN 35:58 Challenge Cancer 6/21/08)

**Women 75-79**

Barbara Westurn, 75, Albert Lea, MN 54:18 Challenge Arthritis, 8/30/08

**Women 80-84**

Mary Pat Flynn, 83, St Paul, MN 1:09:26 Challenge Arthritis, 8/30/08

## Clydesdale Run or Walk Division

(Optional division for Men Over 200 lbs)

**Open**

Michael O'Day, 42, Minneapolis, MN 20:36 Challenge Obesity, 4/1/06

**Men 40 – 44**

Thomas Copenhaver, 40, Richfield, MN 23:14 Challenge Obesity, 4/1/06

**Men 45 – 49**

Robert Britain, 48, Wayzata, MN 21:16 Challenge Arthritis 9/2/06

**Men 50 – 54**

Jeff Mars, 50, Mahtomedi, MN 22:50 Challenge Arthritis, 8/29/09  
(Old Record: Jim Bernier, 51, S St Paul, MN 25:29 Challenge Arthritis 9/2/06)

**Men 55 – 59**

Ed Bolden, Woodbury, MN 43:37 Challenge Cancer 6/9/07

**Men 60 – 64**

Gerry Vande Garde, 62, Bloomington, MN 27:30 Challenge Diabetes, 7/15/06

## **M65-69**

Thomas O'Shaughnessy, 65, Rochester, MN 43:14 Challenge Diabetes, 7/12/08

## **Athena Run or Walk Division**

(Optional division for Women Over 145 lbs)

### **Open**

Lisa Price, 24, St Paul, MN 24:00 Challenge Obesity, 4/1/06

### **Women 40 – 44**

Amy Kohout, 43, St Paul, MN 31:58 Challenge Aging, 10/14/07  
(Old Record: Karen Peterson, 43, Richfield, MN 39:08 Challenge Cancer, 6/10/06)

### **Women 45 – 49**

Lisa Millam, 47, 30:26 Challenge Diabetes, 7/14/07  
(Old Record: Wyleen Van Guilder, 48, Delano, MN 36:22 Challenge Cancer, 6/7/07)

### **Women 50 – 54**

Jeanne DeMartino, 53, Roseville, MN 34:50 Challenge Obesity, 4/1/06

### **Women 55 – 59**

Sally Nyhus, 56, Minneapolis, MN 47:46 Challenge Cancer 6/10/06

## **5k Race Walk Division**

### **Men Open**

Bruce Leasure, 56, St Paul, MN 30:55 Challenge Obesity, 4/1/06

### **Men 40-44**

Steve Gerber, 44, Delano, MN 38:41 Challenge Obesity, 4/1/06

### **Men 45-49**

Steven Gerber, 46, Delano, MN 38:31 Challenge Arthritis, 9/1/07  
(Old Record: Steven Gerber, 45, Delano, MN 39:51 Challenge Hearts & Minds, 5/27/06)

### **Men 55-59**

Bruce Leasure, 56, St Paul, MN 30:55 Challenge Obesity, 4/1/06

## **M60-64**

Phil Rogosheske, 64, St Cloud, MN 31:00 Challenge Aging, 10/12/08  
(Old Record: Ed Mullaney, 60, New Brighton, MN 37:02 Challenge Diabetes, 7/14/07)

### **Men 65-69**

Bernie Finch, 66, Lake Pepin, WI 32:50 Challenge Obesity, 4/1/06

### **Women Open**

Jamie Burmeister, 25, St Francis, MN 30:47 Challenge Cancer 6/21/08  
(Old Record: Tish Borgen, 41, Bloomington, MN 30:52 Challenge Cancer 7/23/05)

### **Women 45 - 49**

Linda Beduhn, 45, Shorewood, MN 36:59 Challenge Diabetes, 7/15/06

**Women 50-54**

Anita Macias-Howard, 54, Edina, MN 30:56 Challenge Diabetes, 7/12/08  
(Old Record: Anita Macias-Howard, 52, Edina, MN 31:36 Challenge Cancer, 6/9/07)

**Women 55-59**

Jeanne DeMartino, 55, Roseville, MN 35:19 Challenge Cancer 6/21/08

**Wheelchair Division**

Marcelo Ordaz-Cruz, 35, Crystal, MN 16:37 Challenge Arthritis 9/2/06